

Want help?

Gordano School Counselling Service

Signposting

Unfortunately, due to high demand and limited capacity, we do not have any school counselling spaces available at the moment and will not be holding a waiting list.

There are a range of possible alternative sources of support that may be helpful. Please take a look at these and talk this through with your family and/or school team. These include some suggestions for self-care, as well as many sources of information and support for all sorts of questions and concerns.

Please see the “sources of support” leaflet as well.

Remember that you can keep in touch with your House/6th Form team & tutor for pastoral support.

Local counselling options include:

Wellspring Counselling: typically approx. 4-8wks wait for initial assessment (Portishead, Nailsea, Clevedon, Weston).

<https://wellspringcounselling.org.uk/counselling-services/counselling-for-young-people/>

In Charlie's Memory: typically approx. 10-12wks wait for under 18s if you have good availability (Bridgewater, 9am-6pm).

<https://www.incharleymemory.com/counselling>

Off The Record: weekly drop-in hub to explore options, including group support.

<https://otrnorthsomerset.org.uk/what-we-do/hubs/>

Bridge Foundation: individual and group support for children and families (Bristol).

<https://bridgefoundation.org.uk/help-for-children/>

Search local services for young people:

North Somerset Council directory <https://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/results.action?qt=mental%20health&term=&sorttype=relevance&familychannel=0>

Hub of hope <https://hubofhope.co.uk/>

Or search <https://www.counselling-directory.org.uk/> or other directories / search engines for private counsellors. Check these guides for advice: www.bacp.co.uk/about-therapy/how-to-get-therapy/ www.youngminds.org.uk/young-person/your-guide-to-support/counselling-and-therapy/

If you feel that you want to end your life, please seek help : call HopeLine 0800 068 4141 or text 88247 or Papyrus papyrus-uk.org/

For other urgent help, you can call:
ChildLine 0800 1111 doesn't show on bill
Text "SHOUT" to 85258
Samaritans 116 123
Police 101 (999 if immediate danger)

Information, support and advice:

The Mix www.themix.org.uk

ChildLine www.childline.org.uk

Young minds www.youngminds.org.uk

Kooth www.kooth.com

Anna Freud Centre: on my mind <https://www.annafreud.org/on-my-mind/>

NHS 111.nhs.uk or call 111 www.nhs.uk/oneyou/every-mind-matters or www.nhs.uk/conditions/stress-anxiety-depression

Staying safe and Wellbeing sections of the virtual school website (last updated 2020 but many links still relevant)
<https://mrdbeesley.wixsite.com/gordanoschool/staying-safe>
<https://mrdbeesley.wixsite.com/gordanoschool/well-being>

Workbook for guided self-help (could be worked through with a trusted adult):
Your Life, Your Way: Acceptance and Commitment Therapy Skills to Help Teens Manage Emotions and Build Resilience.
Book by Joseph Ciarrochi and Louise L. Hayes.